Suicide Prevention Strategies for Gambling Disordered Individuals

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Council on Compulsive Gambling of NJ, Inc.
1 in 5 Problem Gamblers Attempts Suicide!
Still Think You're Lucky?

www.theaddiction.expert
DSM-5

- Up to half of individuals in treatment for gambling disorder have suicidal ideation, and about 17% have attempted suicide. (DSM-5, 2013)
Progression of Some Disordered Gamblers

1. Problem Gambling
2. Gambling Disorder
3. Suicidal Ideation
4. Suicide Attempt
5. Suicide

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Problem gambling is the result of repeated gambling behavior that leads to adverse effects to the individual and loved ones. -American Psychiatric Association

Gambling disorder involves repeated problematic gambling behavior that causes significant problems or distress. It is also called gambling addiction or compulsive gambling. -American Psychiatric Association
Gambling Disorder Symptoms

- Preoccupation
- Unsuccessful attempts to reduce or stop gambling
- Feelings of depression, hopelessness, or suicide
- Loss of Control
- Irritability, restlessness, or isolation
- Chasing (one’s losses)
- Using gambling to cope with stress or loss
- Lying about gambling
- Neglecting school, work or family
- Bailouts
- Tolerance
- Escape

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A Chart of Compulsive Gambling and Recovery

WINNING STAGE
- Frequent Winning
- More Frequent Gambling
- Occasional Gambling
- Excitement Prior To And With Gambling
- Increased Amount Bet
- Big Win

LOSE STAGE
- Prolonged Losing Episodes
- Covering Up Lying
- Losing Time From Work
- Personality Changes
- Irritable, Restless, Withdrawn
- Gambling Alone
- Thinks Only About Gambling
- Can't Stop Gambling/Borrowing Illegally
- Careless About Spouse/Family
- Delays Paying Debts
- Home Life Unhappy
- Heavy Borrowing/Legal & Illegal
- Unable To Pay Debts

DESPERATION STAGE
- Reputation Affected
- Alienation From Family And Friends
- Blaming Others
- Illegal Acts
- Bailout
- Marked Increase In Amount And Time Spent Gambling
- Remorse
- Panic

CRITICAL STAGE
- HOPELESSNESS
- SUICIDAL IDEATION
- ARRESTS
- ALCOHOL & DRUG ABUSE
- EMOTIONAL BREAKDOWN
- WITHDRAWAL SYMPTOMS
- Honest Desire For Help
- Problem Solving
- Thinking Clearer
- Realistic Stops Gambling
- Spiritual Needs Examined
- Responsible Thinking
- Hopeful

REBUILD STAGE
- Return To Work
- Decision Making
- Restitution Plans
- New Interests
- Improved Spouse & Family Relationships
- Paying Bills, Budget
- More Family Time
- Less Impatience
- Resolve Legal Problems
- Develop Goals

GROWTH STAGE
- Less Irritation Behavior
- More Family Time
- Self-Respect Returning
- Accept Self-Weaknesses & Strengths
- Insight Into Self
- Preoccupation With Gambling Decreases
- Understanding Self And Others
- Facing Problems Promptly
- Giving Affection To Others
- Sacrificing For Others
- New Way Of Life

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Suicide Prevention Strategies

Homelessness, addiction, and mental health issues do not define me.

I am a person first.

Stop stigma. Support recovery. Help someone.
Suicide Prevention Strategies

• Make gambling problems and behaviors a relevant topic of conversation within the substance use and mental health disorder treatment communities

• SUD and MH counselors receive gambling addiction training

• Enhance screening, assessment, awareness, intervention, recovery and health promotion strategies

• Gambling counselors obtain suicide prevention training

• Gambling counselors conduct suicide assessments for all clients

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Learn more about gambling disorder and MH/SUD comorbidity
Gambling Disorder and Comorbidity

• 73.2% of those with gambling disorder had an ALCOHOL USE DISORDER
• 38.1% had a DRUG USE DISORDER
• 41.3% had an ANXIETY DISORDER
• 60.82% had a PERSONALITY DISORDER
• 49.62% had a MOOD DISORDER
• Other studies suggest that between 10% and 15% of people with SUD may also have gambling disorder

SAMHSA Advisory 2014
Look for problem/disordered gambling among SUD/MH clients

“Have the conversation”
Early intervention- treat or refer to gambling treatment before gambling addiction progresses
Where to Go for Help

• Council on Compulsive Gambling of NJ,  
  3635 Quakerbridge Rd. Suite 7, Hamilton, NJ 08619  
  (609) 588-5515      (800) GAMBLER  
  • Offers state-funded gambling treatment provided by 7 contracted treatment providers  
  • Offers no cost outreach, prevention, intervention and referral services  

• National Council on Problem Gambling  
  208 G Street NE, Washington, DC 20002  
  (202) 547-9024      (800) 522-4700
Where to Go for Help

• Gamblers Anonymous World Service Office
  PO Box 17173, Los Angeles, CA 90017
  (213) 386-8789

• Smart Recovery [www.smartrecovery.org](http://www.smartrecovery.org)

• Gam-Anon International Service Office, Inc.
  PO Box 157, Whitestone, NY 11357
  (718) 352-1671

• GA4NJ.com
  GA Hotline in NJ  855-2-CALL GA

• www.njgamanon.org
  Gam-Anon Hotline in NJ 1-888-263-1885
### NJ State-Funded Inpatient/Outpatient Treatment Facilities, Private Therapists (Revised 8-28-18)

*(All New Jersey State-Funded Treatment Facilities have a Certified Compulsive Gambling Counselor [ICGC] on staff)*

<table>
<thead>
<tr>
<th>FACILITY</th>
<th>CONTACT PERSON</th>
<th>TELEPHONE</th>
<th>COUNTY/STATE</th>
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</thead>
<tbody>
<tr>
<td>Genesis Counseling Centers, Inc. (OP)</td>
<td>Pamela Dobbs, LCADC, ICGC-I, SAC, CCS</td>
<td>856-858-9314</td>
<td>Burlington/Camden</td>
</tr>
<tr>
<td>New Hope IBHC, Inc. (Residential)</td>
<td>Dottie Halaz, ICGC-I</td>
<td>732-946-3030 option 3</td>
<td>Gloucester</td>
</tr>
<tr>
<td>New Hope IBHC, Inc. (OP)</td>
<td>Cara Mullin, MSW, LSW</td>
<td>732-946-3030 ext. 2311</td>
<td>Monmouth/Statewide</td>
</tr>
<tr>
<td></td>
<td>Lauren Tripodi, MSW, LSW</td>
<td>732-946-3030 option 3</td>
<td>Monmouth/Ocean</td>
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### PRIVATE THERAPISTS

<table>
<thead>
<tr>
<th>Therapist</th>
<th>Contact Info</th>
<th>County/State</th>
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<tbody>
<tr>
<td>Lorraine M. Barry, Ed.S., LMFT, LCADC, ICGC-I</td>
<td>732-787-2010</td>
<td>Middlesex (office)</td>
</tr>
<tr>
<td>Leonard Brazer, Ed.S., ICGC-II</td>
<td>973-216-7453</td>
<td>Statewide (telepsychotherapy)</td>
</tr>
<tr>
<td>Fran Gizzzi, LCSW, C-CATODSW, ICGC-II</td>
<td>732-741-9997</td>
<td>Warren/Sussex/Passaic</td>
</tr>
<tr>
<td>Patricia Healy, LCADC, LFC, CCS, ICGC-II</td>
<td>732-797-0400</td>
<td>Bergen &amp; Morris</td>
</tr>
<tr>
<td>Lisa Harmon Mollicone, LCADC, ICGC-I, ICADC, MAC, ICPS, CART, CJC</td>
<td>732-642-5631</td>
<td>Monmouth/Middlesex</td>
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### Other Gambling In-Patient, Transitional Living & Outpatient Programs in New Jersey

<table>
<thead>
<tr>
<th>Program</th>
<th>Contact Person</th>
<th>Telephone</th>
<th>County/State</th>
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<tbody>
<tr>
<td>Achievement Through Counseling and Therapy (OP)</td>
<td>Richard Monseur, Ph.D.</td>
<td>201-891-3933</td>
<td>Wyckoff, Mahwah/Bergen</td>
</tr>
<tr>
<td>AtlanticCare Behavioral Health (OP)</td>
<td>Access Center</td>
<td>1-888-509-1000</td>
<td>Atlantic/Cape May</td>
</tr>
<tr>
<td>Central Jersey Counseling Services (OP)</td>
<td>Marty Tush supernatural</td>
<td>732-246-8484</td>
<td>Somerset/Middlesex</td>
</tr>
<tr>
<td>Overlook Medical Center (OP)</td>
<td>Peter Mitchell, Ph.D.</td>
<td>684-247-1490</td>
<td>Essex/Hudson/Morris/Passaic</td>
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<tr>
<td>Brenda Paterman, LCSW, LCADC, CCS, ICGC-II, BACC</td>
<td></td>
<td>908-704-8391</td>
<td>Hunterdon/Somerset/Middlesex/Monmouth/Mercer</td>
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### Other Gambling In-Patient, Transitional Living & Outpatient Programs Outside of New Jersey

<table>
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<tr>
<th>Program</th>
<th>Contact Person</th>
<th>Telephone</th>
<th>City/State</th>
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<tr>
<td>Algarus (Residential/Transitional Living)</td>
<td>Rick Benson</td>
<td>941-778-2496</td>
<td>Arizona</td>
</tr>
<tr>
<td>Arnie and Sheila Wexler Associates</td>
<td>Arnie and Sheila Wexler</td>
<td>954-501-5770</td>
<td>Boynton Beach, FL</td>
</tr>
<tr>
<td>Columbia Gambling Disorders Clinic CORE-Center of Recovery (Residential)</td>
<td>Heather Kleckinger (Program Director)</td>
<td>318-424-4357</td>
<td>New York</td>
</tr>
<tr>
<td>Florida House Experience</td>
<td>Richard DiGregorio</td>
<td>1-866-421-6242</td>
<td>Streator, LA</td>
</tr>
<tr>
<td>Illinois Institute for Addiction Recovery - UnityPoint Health (All levels of care)</td>
<td>Brittany Ott</td>
<td>1-800-522-3784</td>
<td>Deerfield Beach, FL</td>
</tr>
<tr>
<td>Keystone Center (OP)</td>
<td>Kerry King</td>
<td>484-449-1060 x24</td>
<td>Peoria, IL</td>
</tr>
<tr>
<td>Keystone Center (Residential)</td>
<td>Diane Warfield</td>
<td>610-876-9000</td>
<td>Chester, PA</td>
</tr>
<tr>
<td>Project Turnabout (Residential)</td>
<td>Vanguard CG Recovery Center</td>
<td>1-800-882-1453</td>
<td>(can be referred from Gloucester, Salem &amp; Cumberland Counties in NJ)</td>
</tr>
<tr>
<td>Richmond University Medical Center (OP)</td>
<td>Beth Schwartz</td>
<td>718-876-2532</td>
<td>Chester, PA</td>
</tr>
<tr>
<td>Veterans Addictions Recovery Program</td>
<td>Heather Chapman</td>
<td>216-791-3860 x5692</td>
<td>Granite Falls, MN</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>NY City/Staten Island</td>
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<tr>
<td></td>
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<td>Cleveland, OH</td>
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Disclaimer: CCGNJ, Inc. does not endorse/certify programs and/or therapists. This data is provided for informational purposes only and to assist persons in seeking professional help for their gambling problem. Most of these programs have Certified Compulsive Gambling Counselors on staff with specific training in problem or disordered gambling.
Works Cited


• *Substance Abuse Treatment for Persons with Co-Occurring Disorders; A Treatment Improvement Protocol TIP 42*. US Department of Health and Human Services, revised 2014.

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Contact Information

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Questions and Comments